Healthy Meeting Eating

- **Serve beverages, condiments and other foods with little or no added sugar such as:**
  - Water
  - Regular and decaffeinated coffee or tea
  - 100% fruit or vegetable juices
  - Vegetable spreads like hummus and pesto
  - Unsweetened cereals, fruit spreads and cereal bars
- **Provide fat-free, low-fat, or low-calorie foods and beverages such as:**
  - Nonfat dairy products like nonfat milk and yogurt
  - Low-fat of fat-free salad dressings or toppings such as salsa and sweet mustard
  - Low-fat or calorie desserts such as angel food cake or fruit sherbet
  - Lean meats, poultry, or fish that are served in small portions

- **Don’t forget to serve small portions**
  - Mini muffins or mini-bagels with 1-inch low-fat cheese squares
- **Offer a variety of grains - especially whole-grain foods - and fruits and vegetables such as:**
  - Fresh fruit and vegetable salads
  - Fresh and cooked vegetables
  - Whole grain breads, pasta, and cereals
  - Muffins, fruit breads, granola bars or healthy sport bars
  - Note - Check the dietary fiber in grain products. A good source of dietary fiber is 3 grams per serving.
- **Serve foods that are low in salt and sodium such as:**
  - Unsalted pretzels and popcorn, or baked chips
  - Grilled or roasted entrees
  - Entrees cooked with spices and herbs instead of salt
- **Consider offering only beverages at mid-morning and mid-afternoon breaks.**